

Helping Teens Cope with Anxiety During Covid 19

Resources for Parents

Albano, Annemarie (2013) You and your Anxious Child

Duffy, John (2019) Parenting the New Teen in the Age of Anxiety

Rapee, Ronald (2008) Helping your Anxious Child

Siegel, Daniel (2019) Brainstorm: The Power and Purpose of a Teenage Brain

Resources for Teens

Carlson, Richard (2000). Don't Sweat the Small Stuff for Teens: Simple Ways to Keep your Cool in Stressful Times

The Instant Help Books series. www.newharbinger.com

Thompkins, Michael (2009). My Anxious Mind

Schab, Lisa (2008). *The Anxiety Workbook for Teens*